

Afford everyone a smoke-free start

Secondhand smoke is a known cause of Sudden Infant Death Syndrome, ear infections and asthma attacks in infants and children. While many luxury apartment buildings are now smoke-free, affordable housing residents often endure daily exposure from neighboring apartments.

It is critical that affordable housing go smoke-free so that all, including the youngest and most vulnerable, can live healthy lives free from the dangers of secondhand smoke.

To learn more about implementing smoke-free protections, visit nycsmokefree.org

NYC SMOKE-FREE



Public Health Solutions





What is Smoke-Free Housing?

Smoke-free housing protects the health of all New Yorkers, saves money for landlords and property owners, and is strongly supported by the public. A 100% smoke-free building is one where smoking is prohibited anywhere on the premises (including within individual apartments and common indoor areas) or a building where smoking is restricted to a limited outdoor area.

How does secondhand smoke affect me if I don't smoke in my home?

Secondhand smoke in multi-unit dwellings cannot be contained. Cleaning the air and ventilating buildings cannot eliminate the health hazards of secondhand smoke. Air movement from one unit to another in multi-unit dwellings is significant. In some cases, up to 65% of air is shared between units. Exposure to secondhand smoke is dangerous to all residents' health, especially children and seniors.

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CHILDREN WHO ARE EXPOSED TO
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DEATH SYNDROME



EAR &
RESPIRATORY
INFECTIONS



ASTHMA
SYMPTOMS



What is secondhand smoke?

Toxic secondhand smoke is a mixture of the smoke from the burning of any tobacco product and the smoke that is exhaled by a smoker. There is no safe level of exposure to secondhand smoke. Even minimal exposure has been shown to be harmful.

What are the benefits of smoke-free housing?

- Residents can enjoy a healthier home and breathe cleaner, smoke-free air in their apartment and throughout the building.
- Owners will reduce property damage and turnover costs. They may also be able to save money on insurance by decreasing the chance of fire. Smoking is the leading cause of home fire deaths.

JOIN NYC SMOKE-FREE at Public Health Solutions to end New York City's devastating tobacco epidemic. For more information, go to NYCSmokeFree.org.

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metro



NEW YORK CITY NO. 1 FREE DAILY

Thursday, June 28, 2018 metro.us | t: MetroNewYo

With her upset win in Tuesday's primary, Alexandria Ocasio-Cortez has shaken up New York's — and the nation's — political landscape. 2 & 4



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CHANGE



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OVER AND OUT

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THINGS
TO
KNOW

Alexandria Ocasio-Cortez: Democrats' newest star

Everyone is talking about the New York socialist Democrat after her historic upset over a 10-term congressman Tuesday night.



KRISTIN TOUSSAINT
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Alexandria Ocasio-Cortez made history Tuesday night when the 28-year-old socialist Democrat defeated 10-term Congressman Joe Crowley in Tuesday's New York congressional primary. Now the internet is abuzz with talk about this New Yorker. But just who is Alexandria Ocasio-Cortez?

Ocasio-Cortez is a 28-year-old New Yorker who was born in the Bronx to Puerto Rican parents — her mother was born in Puerto Rico and her father in the Bronx. She grew up in a working-class household, she notes on her website, where her father was a small-business owner, her mother cleaned homes and everyone pitched in.

She attended public school 40 minutes north of the Bronx in Yorktown. That 40-minute commute opened her eyes to the effects of income inequality. To her, the commute repre-

sented “a vastly different quality of available schooling, economic opportunity, and health outcomes.”

In 2008, her father died of cancer and her family was thrown into a financial crisis. To support her mother, Ocasio-Cortez worked “two jobs and 18-hour shifts in restaurants to help her family keep their home.”

Ten years later, her political star is rapidly rising following her Tuesday night win in the New York primary election. How impressive was her win? Rep. Crowley, 56, is the fourth-highest-ranking Democrat in the House, chair of the House Democratic Caucus and the Queens Democratic Party, and was thought by many to be the next speaker of the House. He's served in Congress since 1999 and hasn't had a primary challenger in 14 years.

Enter Ocasio-Cortez: She beat Crowley in the primary for New York's 14th District, which covers the eastern Bronx and north-central Queens. Ocasio-Cortez won with 57.5 percent of the vote. If she wins in November, she'll be the youngest person in Congress.

Ocasio-Cortez is a Democratic Socialist, and she campaigned on several progressive issues. She wants Medi-



Alexandria Ocasio-Cortez GETTY IMAGES

care for all, a federal jobs guarantee program that would provide a baseline of a \$15-an-hour minimum wage and a benefits package, and tuition-free public college and trade schools.

She wants to abolish

ICE, calling for immigration justice that provides a path to citizenship, and she advocates for criminal justice reform and the end to for-profit prisons, an assault-weapons ban and more action against climate change.

Ocasio-Cortez also wants more solidarity with Puerto Rico. She laid out a plan on her website for actions like the cancellation of the island's Wall Street debt, community-led recovery initiatives and a Mar-

57.5%

Ocasio-Cortez won with 57.5 percent of the vote. If she wins in November, she'll be the youngest person in Congress.

shall Plan to help Puerto Rico not just recover from Hurricane Maria but improve with modern infrastructure.

And, of course, she's fighting for women's rights — she's called out news articles that refused to put her name in headlines and ran a campaign video in which she says, “Women like me aren't supposed to run for office.”

Though a political newcomer, Ocasio-Cortez does have some experience in the political world. She organized for Sen. Bernie Sanders during his run in the 2016 presidential primary. She worked with high school students as an educational director with the National Hispanic Institute and spearheaded projects to improve childhood literacy and writing in the Bronx.

On Election Day, she retweeted a photo of her working as a bartender — from not even a year ago, November 2017.

WELCOME TO METRO.US



JEFF TOMKO, NEWS EDITOR

Whether you're Democrat or Republican, or avoid politics like me, we can agree that underdogs make the most compelling stories. And Alexandria Ocasio-Cortez's upset win in Tuesday's primary ranks as high on the upset scale as Leicester City's 2016 Premier League title (Google it). Whether the former-bartender-turned-activist-politician's win was a fluke or whether her momentum will escalate into an unstoppable nationwide grassroots movement remains to be seen, but for now, it's time to celebrate the newest star of politics.

PITTSBURGH OFFICER FACES HOMICIDE CHARGE

2 Pennsylvania prosecutors on Wednesday charged an East Pittsburgh police officer with homicide in the shooting death last week of an unarmed black teenager, the latest in a string of U.S. police killings of black men that has sparked nationwide protests. Officer Michael Rosfeld, 30, surrendered to face a single criminal count for killing 17-year-old Antwon Rose on June 19 as the officer was searching for suspects after a drive-by shooting that wounded one. Authorities have not specified the type of homicide charge that Rosfeld

will face. Video of the incident, showing two men running from a car that was stopped by police and falling to the ground amid the sound of gunfire, sparked several nights of protests around Pittsburgh. A series of police killings of black men in U.S. cities in recent years has fueled a national debate about racial bias in the criminal justice system. Also on Wednesday, a white police officer in Kingsland, Georgia, was arrested and will face voluntary manslaughter and other charges related to the June 21 fatal shooting of a black man fleeing after a traffic stop.

KENNEDY TO RETIRE FROM SUPREME COURT

3 Supreme Court Justice Anthony Kennedy said on Wednesday he plans to retire after three decades as a pivotal vote on the highest U.S. judicial body, giving President Donald Trump an opportunity to make the court more firmly conservative. Kennedy, who turns 82 in July and is the second-oldest justice on the nine-member court, has become one of the most consequential American jurists since joining the court in 1988 as an appointee of Republican President Ronald Reagan. A traditional conservative, he

advanced gay rights, buttressed abortion rights and erased political spending limits. His retirement, which takes effect on July 31, gives Trump a second Supreme Court appointment in his 17 months in office after the Republican president last year selected Neil Gorsuch, who has already become one of the most conservative justices. Kennedy, mild-mannered and professorial, sometimes joined the liberal justices on key rulings, earning a reputation as the court's “swing” vote who heartened conservatives and liberals alike, depending on the issue.

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NEWS

What does Alexandria Ocasio-Cortez's primary win mean for the future?

An NYU professor weighs in on how Ocasio-Cortez's historic upset may impact politics.



KRISTIN TOUSSAINT
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Alexandria Ocasio-Cortez's name was everywhere in the wake of her Tuesday primary win. Her defeat of incumbent Rep. Joe Crowley was deemed a "shocking upset" by many. In unseating the 10-term member of Congress in the first primary election he's faced in more than a decade, Ocasio-Cortez secured a place in history.

So what does this mean for the future of politics? Patrick Egan, a politics professor at New York University who focuses on public opinion, campaigns and

elections, explains.

Just how shocking was Alexandria Ocasio-Cortez's win? It's very surprising. It's always unusual these days when an incumbent member of Congress is beaten in their own primary and it's even more surprising when that incumbent is so high up in the party's leadership as Crowley was. He was the No. 4 Democrat. Typically, those people have pretty safe re-election bids, and this one has to be chalked up as a shocker.

How did this happen? I think there's a lot of different reasons, and we'll never really know exactly why. One of them is that [Crowley] is a white Democrat in a district that is overwhelmingly people of color, so in some sense, the demographics of his district were pretty far out of alignment with him. Of course, he won in that



Alexandria Ocasio-Cortez (left) on the night of her New York primary win, with Democratic gubernatorial candidate Cynthia Nixon GETTY IMAGES

"It's always unusual these days when an incumbent member of Congress is beaten in their own primary."

Patrick Egan

district many times before, but in a year when Democratic voters are paying more and more attention to issues of identity, I think that was something that cut against him particularly strongly this year.

Do you expect more shifts in what a Congress

member looks like? Certainly we've seen so far this year that, particularly on the Democratic Party side, there is an unprecedented number of female candidates who are running and have won primaries. Certainly on the basis of gender, that is the case, that the

party's nominees and ultimately the caucus in the House is going to be more diverse than ever before.

What does this signal to the Democratic Party and other long-term Congress members? One of the questions that Democrats are going to face after the November election, and whether or not they win back control of the House, is the extent to which they want to keep their leadership structure. The top Democrats have been in place quite a long time, so a big question will be to what extent the leadership of the Democratic caucus changes to better reflect the varying demographics of Democratic voters, on the basis of age, gender, ethnicity, etc.

So are these older Democrats ready to pass the baton to younger politicians? It's hard to say. Some-

thing Nancy Pelosi would probably say is, in an era in which Democrats are really on the defensive in Washington, you might want leadership with experience and tenaciousness. What we hope for in the party is a healthy debate between that tension of experience and renewal, and I think we're starting to see that debate right now.

Since New York District 14 historically overwhelmingly votes Democrat, is Alexandria Ocasio-Cortez a sure win in November? There are districts all around the country that are heavily Democratic or Republican. In those districts, including the 14th, winning the primary is really tantamount to winning the election, so for all intents and purposes she is the next representative for New York's 14th District.

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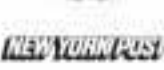
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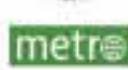


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To offset the expected surge in cycling during the 2019 L train shutdown, Citi Bike will add approximately 1,250 bikes and 2,500 docking stations in Manhattan and Williamsburg. **BESS ADLER**

Citi Bike expanding ahead of L train shutdown

Approximately 1,250 bikes and 2,500 docking stations will be added.



NIKKI M. MASCALI
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Ahead of the L train shutdown coming in April 2019, Citi Bike will increase coverage in the areas that will be affected most by the service disruption, Mayor Bill de Blasio announced Wednesday.

Citi Bike, which launched in 2013 and is operated by Motivate, will add approximately 1,250 bikes to its fleet and 2,500 docking stations in Man-

hattan and Williamsburg to offset the surge in cycling that is expected during the 15-month L train shutdown.

"Citi Bike has doubled in size under my administration, grown to where it is now by far the biggest bike-share system in all of North America — at its busiest, the average Citi Bike can be ridden seven times per day," de Blasio said. "However, we have not been resting on this past success. In addition to bringing bike-share to every borough of New York City this summer under an innovative pilot of dockless services, we are committed to strengthening Citi Bike. Over the next year, riders can expect to see more bikes, docks and pedal-as-

sist bikes and temporary valet stations that will together help meet demand during the L train shutdown next year."

Department of Transportation Commissioner Polly Trottenberg said the city will work with elected officials and Community Board 1 in Brooklyn and Community Boards 2, 3, 4, 5 and 6 in Manhattan on Citi Bike's "infill," or denser coverage, "so that New Yorkers can expect that a bike will be available and even more conveniently located near wherever they are," she said, adding, "New valet stations and pedal-assist bikes will make Citi Bike an indispensable part of the solutions we are pursuing to meeting the challenges of the L train disruption."

WHAT TO KNOW ABOUT CITI BIKE'S EXPANSION AHEAD OF THE L TRAIN SHUTDOWN

- The first stage of increasing capacity will focus in Manhattan between Canal Street and 59th Street and in Williamsburg, which includes adding new Citi Bike docking stations and enlarging existing ones.
- The DOT is currently looking into the legality of pedal-assist bicycles, which can enable cyclists to travel farther and climb hills easier, and is expected to release a ruling "in the very near future." Citi Bike will add 1,000 of such temporary "Shuttle Service" bicycles to its fleet during the L train shutdown at four pedal-assist docking stations, with two in Manhattan and two in Williamsburg, for their exclusive use, and those bicycles can only be rented and returned to those stations.
- "New Yorkers are going to love our pedal-assist bikes — which besides enabling riders to conquer steep city bridges with ease, are a whole lot of fun to ride," said Jay Walder, president and CEO of Motivate. "With the L train closure coming, we're thrilled to be able to deliver an assortment of solutions to help New Yorkers navigate their new commutes."
- Since launching in 2013, Citi Bike has expanded to a fleet of 12,000 bikes at more than 750 stations. To date, the bike share's users have taken over 60 million rides.



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Julie Larsen Maher © WCS

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Thirty-six years after becoming the world's first — and leading — provider of HIV/AIDS prevention, care and advocacy, Gay Men's Health Crisis (GMHC) is slated to open a brand-new headquarters in Midtown on July 10. **GMHC**



The new GMHC facility will occupy six floors of 307 W. 38th St. and features a living room, above, dining room, the Keith Haring Food Pantry Program and more. **GMHC**



GMHC serves more than 13,000 clients, and its new Midtown headquarters will continue to offer lunch four days a week and dinner on Friday evenings in its client dining room. **GMHC**

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GMHC moving to brand-new headquarters in Midtown

Founded in 1982, Gay Men's Health Crisis serves more than 13,000 clients and is the world's first and leading provider of HIV/AIDS prevention, care and advocacy.



NIKKI M. MASCALI
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Thirty-six years after becoming the world's first — and leading — provider of HIV/AIDS prevention, care and advocacy, Gay Men's Health Crisis (GMHC) is slated to open a brand-new headquarters in Midtown on July 10.

The new, 110,000-square-foot facility at 307 W. 38th St. between Eighth and Ninth avenues will enhance GMHC's services — which include HIV/AIDS care, prevention and education programs to more than 13,000 clients, public policy advocacy and research — as well as enable the center's future growth.

"GMHC continues to grow to serve the needs of our clients and all New Yorkers. Ensuring that our space best meets the needs of our community — especially those most in need of our services, including both HIV-negative and HIV-positive people — is a top priority," CEO Kelsey Louie said. "We're excited to relocate our headquarters to a more central, accessible location that will also better

accommodate our operations and the services we offer. Our new offices have an efficient, welcoming layout, enhancing our work toward ending the AIDS epidemic."

The new GMHC facility

"Our new offices have an efficient, welcoming layout, enhancing our work toward ending the AIDS epidemic."

CEO Kelsey Louie

ity will occupy six floors of 307 W. 38th St. and will continue to offer a dining room that serves lunch four days a week and dinner on Friday evenings; the Keith Haring Food Pantry Program; counseling, wellness and group meeting rooms; SUNY client computer lab; workforce development and legal counseling; substance use and mental health services; and more.

Ahead of the new headquarters opening, GMHC will be closed to all clients on Friday, July 6, and Monday, July 9.

GMHC's David Geffen Center for HIV Prevention and Health Education will remain at its current location at 224 W. 29th St.

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Summer is heating up at Queens Public Library

The Queens Public Library has got you covered.



PAT KING
patrick.king@metro.us

Summer is finally here and the Queens Public Library has got you covered with special events and book recommendations to help you get through these next months. Here are some of the great services the Queens Public Library will be providing all season long.

A pop-up ship exhibit

From the summer to the fall, various locations of the Queens Public Library will be displaying a pop-up exhibit called "In Search of Earth's Secrets: A Pop-Up Science Encounter." Attendees will be able to learn — through informational kiosks — about a research ship and the history of our planet as the vessel drills deep from the ocean floor

into the Earth's core. The exhibit will be at the Arverne, Peninsula and Far Rockaway library locations from July 14 to Aug. 8; the Flushing library location from Aug. 15 to 31; and the Central Library Jamaica location from Sept. 6 to 30. An inflatable, 45-foot replica of the JOIDES Resolution ship will be exhibited to the public on July 14 at Peninsula Library and on Sept. 8 as part of Central Library's Discovery Day Street Fair, weather permitting. Each informational kiosk will also be awarding special prizes to attendees who complete a quiz on the pop-up exhibit, while supplies last. For more details, visit queenslib.org/learnscience2018.

Special talks with visiting authors

Queens Public Library will be hosting special talks and workshops with visiting authors. On Friday, July 13, from 2 p.m. to 3 p.m. at South



ISTOCK

Hollis Library, Sarah Hutt, the author of the Girls Who Code book "Crack the Code," will host a talk geared toward tweens — ages 8 to 14 — about her experiences in the coding world as well as lead coding activities for all who attend. Participants will receive a copy of the new book. Seating is limited, so early registration is recommended!

On Aug. 11 from 2:30 p.m. to 3:30 p.m., the Forest Hills Library will welcome acclaimed author Joan Silber for the launch of the paperback version of her book "Improvement," which was named the National Book Critics Circle

and PEN/Faulkner Award winner for fiction. The book will be available and Silber will be on hand to sign copies.

Great summer meals for kids and teens

In a partnership with the Department of Education, Queens Public Library will be providing children 18 and under free lunches all summer long! Meals will be served at several of the library's locations from 1 p.m. to 2 p.m., Monday through Friday, from June 27 through Aug. 31. No enrollment is required, so all you have to do is show up with your appetite!

For a full list of locations that will be providing these meals, head to queenslibrary.org.

Special older-adults programs

Queens Public Library will also be hosting great programs for older adults all summer long. Such programs like tai chi classes for beginners, watercolor classes and a

"chitchat" teleconference through the Mail-A-Book program, which will be a great way for people to meet new friends over the phone.

For a full list of these programs, head to queenslibrary.org/books/mail-a-book/events.

Enjoy movies, books and music on the go!

With the Digital Services platform, library cardholders will gain instant access to tons of free e-books and digital audiobooks to download directly to your phone. You will also be able to stream hundreds of movies and music from your favorite artists from the library's archive for when you find yourself on the go. All you have to do is sign up at queenslibrary.org.

Battle of the bands!

On June 30 at 3 p.m., Queens Public Library will be hosting its fourth annual battle of the bands, where local musicians will compete inside the

2,100-seat Colden Auditorium. This year's battle will be hosted by rapper Torae and will feature local bands Foreign Trees, Attitude, E3, Adesina, Trick Blue and the Fourth Power. Tickets are free to attend, so make sure to come and support some of Queens' best local artists!

For tickets, visit battleofthebands18.eventbrite.com.

Summer reading recommendations

Queens Public Library has compiled a great list of summer book recommendations from some of the amazing children's and young adult authors who have recently given talks at the library. For some great picks by these acclaimed authors, head over to queenslibrary.org to reserve your copies before they fly off of the shelves!

To download these lists and logs, visit summerreading.queenslibrary.org.

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Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

- A percentage of units is set aside for applicants with disabilities:
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- Preference for a percentage of units goes to:
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AVAILABLE UNITS AND INCOME REQUIREMENTS

Unit Size	60% AREA MEDIAN INCOME (AMI) UNITS	Monthly Rent ¹	Units Available		Household Size ²	Annual Household Income ³ Minimum – Maximum ⁴
Studio		\$816	8	→	1 person	\$30,480 - \$43,860
1 Bedroom		\$877	7	→	1 person	\$32,675- \$43,860
					2 people	\$32,675- \$50,100
2 Bedroom		\$1,064	14	→	2 people	\$39,120- \$50,100
					3 people	\$39,120- \$56,340
					4 people	\$39,120- \$62,580

¹ Tenant responsible for gas and electric

² Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

³ Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to:** 1511 Bedford Avenue Apartments c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **August 27, 2018**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: 1511 Bedford Avenue Apartments c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 27 de agosto 2018.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：1511 Bedford Avenue Apartments c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418.

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу 1511 Bedford Avenue Apartments c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 27 августа 2018.

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 1511 Bedford Avenue Apartments c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418. 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2018년 8월 27일 까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyen

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou paype, voye anvlòp ki gen adrès pou retounen li nan: 1511 Bedford Avenue Apartments c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418. Nan dèyè anvlòp la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat out 27, 2018.

العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظاروف يحمل اسمك وعنوانك إلى: 1511 Bedford Avenue Apartments c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418. يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل 27 أغسطس، 2018 على الجهة الخلفية للمظاروف، اكتب باللغة الإنجليزية كلمة "ARABIC".





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TODAY'S HOTTEST SOUVENIR FROM RUSSIA: WORLD CUP TATTOOS

TURN TO PAGE 27
FOR MORE CUP
COVERAGE.

Analysis

**DMITRY
BELYAEV**

Metro World Cup
correspondent in
Moscow



Tattoos featuring 2018 World Cup symbols are a hot trend coming out of a body image studio in the center of Moscow.

S taryy Arbat, a pedestrian street in the historical center of Moscow, is the perfect place to find souvenirs from the World Cup host country. But for some tourists, it's not enough to just buy a hat, mascot toys or magnets. The real trend here, according to the owner of the tattoo studio Dragon, is to offer "permanent memories" by inking

2018 World Cup tattoos.

"The business now is running good," Dragon owner Aleksandr Sytkin told Metro. "About three or four foreigners are coming here each day to get a tattoo, mostly featuring the World Cup symbols. It became a real trend. Those who do not have time to finish the images are even planning to come back after the tournament to enjoy the country more and let our masters complete the work."

Shortly after entering the studio I was able to find an international client. It was Mario Reyes, a driver



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Would you get a tattoo as a memory of the 2018 World Cup in Russia? ALL PHOTOS MWN

from Peru. He came here to bring a 2018 World Cup memory in the form of rose tattoos.

"Flowers represent my love for Russia," the 21-year-old explained. "I did the first rose in Yekaterinburg, started the second one in Saransk and I am finishing it here [in Moscow]."

The artist working on Reyes' roses, Andrey Goponiuk, has enjoyed inking fans from all over the world — even when there is a language barrier.

"I made body images for mostly Italian,

Mexican, Nigerian, Egyptian, and U.S. fans," he said. "We are trying to communicate with body language but conversations do not last too long. But it is not a problem, because I do not have to answer any questions and can work calmly."

Goponiuk recalled: "I was asked many times to make tattoos of cups and balls. Some even want something bigger, as images of Zabivaka, the official mascot of the tournament. ... I would really love to make a tattoo of the face of a [soccer] player. But

I have not had such a client yet."

Making new body images, however, is not the only trend that is happening in Russia. According to Sytkin, many are also replacing old tattoos with symbols of the World Cup tournament.

"They are coming with some scribbles on hands. One such fan started to brighten a bad work of another artist — to be able to replace the tattooed image later," he said. "As I understand, it will be related to the World Cup theme."

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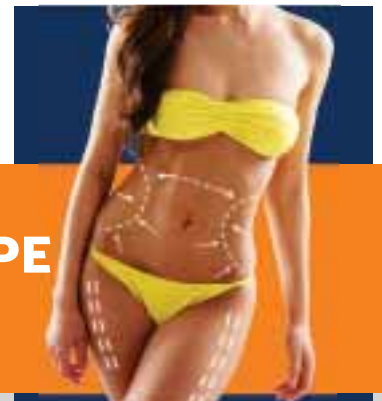
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“Demand Soars For Innovative Arthritis Treatment FDA

NYC Pain MD doctors offer powerful, cutting-edge arthritis treatment... prepares for overw

By Matt Edgar

America's Health Writer

Arthritis sufferers can't get it fast enough and doctors offering it can't keep up with the demand. "Results are better than even I anticipated" noted one of the treating docs at the **NY Pain MD** Center for Non-Surgical Medical Relief Of Spine And Joint Pain with two locations right here in NYC.

He was referring to their innovative arthritis treatment program featuring Advanced Image-guided "Visco-Supplementation" at the conveniently located clinics..

"The response continues to be overwhelming. Once patients found out there was an FDA cleared, doctor-administered arthritis treatment that actually works – without the side effects of oral pain pills or risks of replacement surgery - and has enough scientific research that it is covered by many insurances and even Part B medicare – the offices continue to be deluged with arthritis pain sufferers wanting to find if they, too, can be helped. And newer research indicates it can help hips, ankles and shoulders as well".

What Is This

Treatment And How Does It Work?

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or "arthritis" affects 21 mil-lion Americans and typically involves the weight bearing joints – like your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the ranks of much younger victims of this progressive disorder continue to grow significantly).

The worst thing is: Arthritis can be devastating. The pain can keep you up at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life

And up until now, treatment options have not been that good...

or that appealing to most patients. The basic protocol has been a steady diet of toxic pain pills until your joints completely wear out and then it's time to surgically replace the knee joint.

But Now Things Have Changed

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilages the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber. Your "normal" knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint—much like oil lubricates the engine of your car.

In osteoarthritis, the synovial fluid loses it's lubricating properties and "dries up" allowing the cartilage to break down and wear away. This is *like running your car with little or no oil*. Now as you attempt to use your knee(s), there is not enough lubrication causing the bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain. Pain pills do NOT lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate. The eventual repercussions of this are obvious.

"Visco" Is Very Different

And here is why: It contains hyaluronate, one of the two natural lubricating agents found in your own synovial fluid. Viscosupplementation is precisely introduced directly in to your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

This treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain. **Here's something very important to consider:** Even though these lubricating medicines are non-toxic natural substances and are NOT considered a drug, it is NOT something you can get at your local health food store. It is scientifically researched and produced by pharmaceutical companies, FDA cleared and can ONLY be administered by

a qualified Doctor.

What's Results Can You Expect?

According to one developers and manufacturers of these special gel medicines ... "A course of treatment –will relieve pain in

a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect is likely to last even longer than 6 months. "And the best part is: Since these gel lubricants are natural substances; they can be used over and re over when necessary without risk. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Viscosupplementation... Where Can You Get It And...

When Should You Start?

You should certainly consider The **NY Pain MD** method if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs or loss of motion in the knee – you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have-or are starting to get arthritis.

Very Important – Do Not Wait - Here's Why ...

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments c may be able to help the knee heal and possibly, slow the arthritis thus help avoid joint replacement surgery. In other words, the sooner you start – the better. Does the procedure hurt? A local anesthetic is given to numb the area and the procedure is virtually painless. Most patients say it feels like nothing more than a slight "pinching" sensation... that's it.

Why Treatments At NYC Pain MD Are So Extremely Precise

Our doctors are particularly well-trained in a state-of-the-art digital fluoroscopic imaging - also known at Precision Arthritis Targeting - which allows them to see directly inside the joint during the procedure and get the natural cushioning medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is crucial because studies indicate that when doing these types of procedures - without digital imaging - it can miss the joint space up to 30% of the time rendering the treatment outcomes less effective.

How To Check Out This Breakthrough Treatment And See It Is Right For You For FREE

All the doctors at **NY Pain MD** are extremely excited about the response and results with this wonderful treatment and would like to share it with as many arthritis sufferers as possible.

Read This If You Have Already Had Treatment Without Good Results

Even if you've failed Synvisc, Supartz, or other arthritis programs or had "blind" procedures, good results may still be possible when using **NY Pain MD** methods utilizing Precision Arthritis Targeting Technology (P.A.T.T). To achieve the best results.

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helping demand as news of it's impressive results spread across NYC and Tri-State Area

But There Is A Problem...

Even though this advanced treatment can help many patients, it is not a wonder cure or a magic wand. It does not help everyone. For that reason, every potential patient should have a complete examination. You will only be

Here's How To Get A Free Screening at NYC Pain MD

Simply call 877-568-8350 and when Aura, Travis or Priscilla answers the phone tell them you want your No-Obligation "Knee Pain Screening". Discover if The *NYC Pain MD* Program can ease your knee arthritis pain like it has already done for so many others.

NYC Pain MD

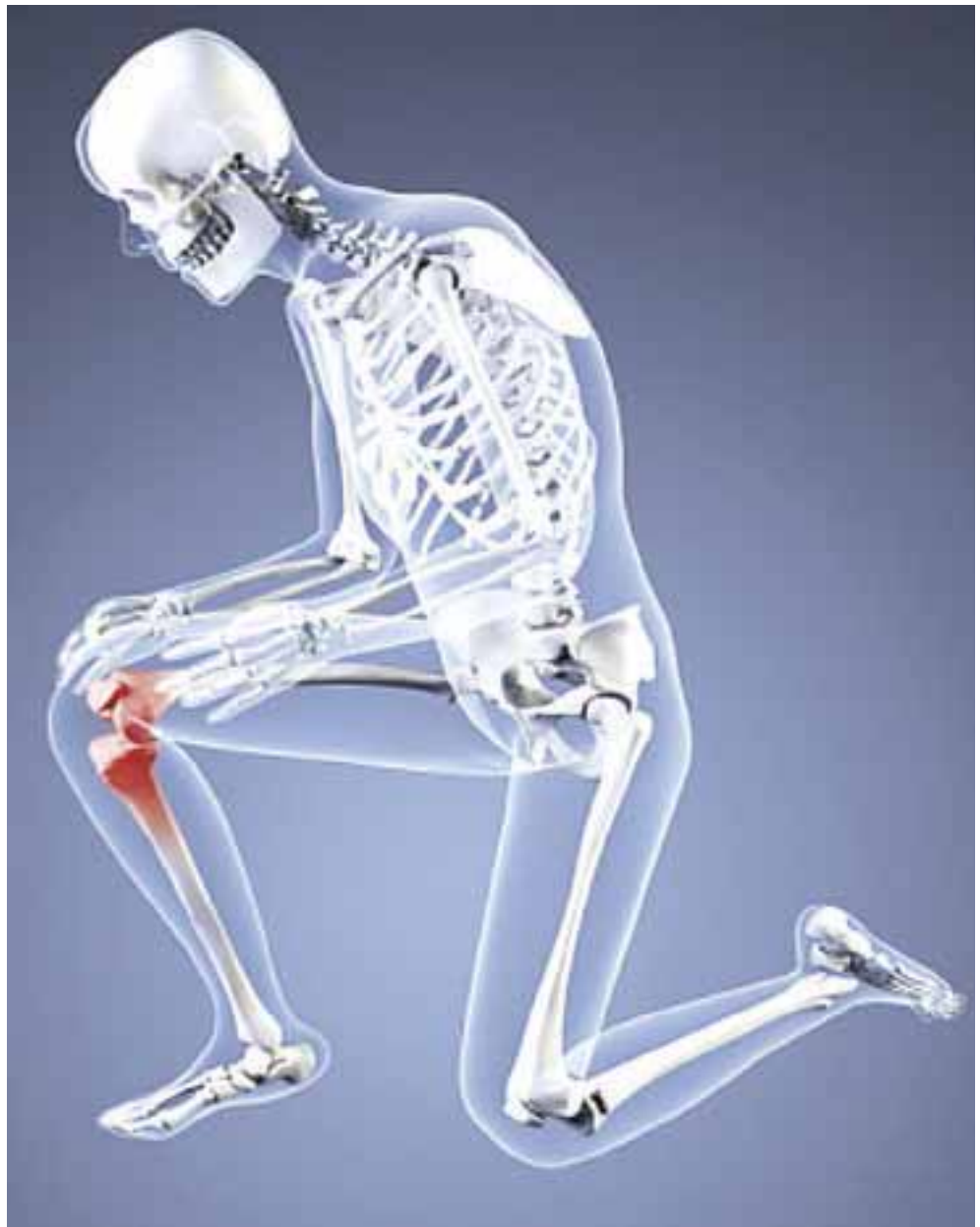
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accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

That's why *NY Pain MD* would like to invite you to come in for a knee arthritis screening at no cost to see if you actually are a candidate for comprehensive evaluation and possible treatment. All you have to do is call 877-568-8350 right now and when the scheduling coordinator answers the phone, let them know you want to schedule a "*NY Pain MD Knee Pain And Arthritis Screening*." They will know exactly what you are talking about and schedule you for our first time available. During this time you can get all of your questions answered in a warm, friendly environment and begin to find out if the *NY Pain MD* protocol is right for you. But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming with hundreds calling weekly. Since our doctors cannot possible screen everyone and we always make sure to give every single patient the personal attention they deserve, we have to limit these encounter. Therefore, the number of No-Cost, No Obligation screenings is limited to just 20. But... just imagine how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed and being able to sleep through the entire night – and waking up refreshed and energized... ready to take on the brand new day... without the arthritis pain that's been terrorizing you and ruining your life. And imagine finally knowing you have a treatment to manage the pain caused by your knee arthritis. Well, you may not have to just



"imagine" any more... because our specialized medical regimen could be the answer you've been looking for. If you'd like to find out - at no cost to you - if we can help, simply give *NY Pain MD* a call at 877-568-8350 right now. Why wait one more day in pain when you may not have to? Call now before some one else get's your spot.

One More Thing & This Is Important...

Ever since offering this innovative treatment, our office has been flooded with calls. For that reason, if when you call, the lines are busy or you get voice mail... just keep calling back. The possibility of living pain-free is well worth the effort it may take to get through to *NY Pain MD* schedule your No-Cost,

No-Obligation screening.

And don't forget: The special treatments are covered by many insurances and even Part B medicare for qualified candidates. To schedule your No-Obligation screening and consultation, call to speak to one our scheduling coordinators.

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Pat King
Grumble Editor

Greetings, Grumblers! It's Thursday, so it is officially time to announce our Grumble of the week, which will earn a **\$25 gift card from Amazon Prime**. This week's winner is **Jane S.**, for her Grumble on how people should be more conscious of the waste they are putting out in the world. Powerful stuff, Jane!

READER WRITE-INS:

PUBLIC TRANSIT IS NOT YOUR HOME!

My Grumble is about people, mostly adult or youth males, on trains and buses.

They take up two seats by stretching out, propping up their dirty feet on the seat next to them or they put a bag on the seat.

... And who wants to sit where the bottom of someone's nasty feet treaded, anyway. Yuck!

Let a lady ... or anyone sit down! They're acting like they were raised by wolves. Maybe they were.

Also the Refusers to Use Earplugs People need to face it. They are the only people in the world proud of their own playlist at 7:30 a.m. ... or anytime. Spare us. Please!!! Thank you.

- Lucy Coleman, Metro US reader

the GRUMBLE



LINES AND THE PEOPLE IN THEM???

Before I get in a line, I pull out my charge card, MTA pass or whatever I'm going to use, ID for the "discount" drugstore, etc. I am hoping to make things fast

for everybody concerned.

So I am always amazed when the person waiting in front of me sighs loudly and shuffles their weight from side to side and shows how absolutely upset they are waiting in line and huffs

and puffs his or her annoyance, then gets up to the self-checkout system. They will be speedy, I'm sure.

So when that person who has been so put off by our fellow Americans, gets up to

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the machine and only then remembers to look for his or her store ID and/or charge card or even the cash they are going to pay with, my mouth falls open. This person had been in line sighing for several minutes. I'm thinking, "Why would someone spend all that time in line and not get prepared? What is he or she thinking (or what is he or she not thinking)?? And why huff and puff at the people in front of you and do the same yourself???"

- Mary Pat Kane, Metro New York reader

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The winning caption from Ali Forde, Metro US reader

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Aries Don't react to what others do or say without thinking. Use diplomacy and consideration to avoid opposition. Self-improvement and nurturing important relationships are encouraged.



Taurus You'll have ample opportunity to present and promote what you want to pursue. The individuals you meet and the places you visit will offer inspiration and positive feedback.



Gemini Physical improvements can be successfully made. Fixing up your surroundings or updating your look will result in greater confidence and compliments from someone special.



Cancer Firm up an agreement you have with someone. Holding up your side of an arrangement will push others to follow suit. Take nothing for granted and leave little leeway.



Leo Aggressive behavior will not be in your best interest. Use your energy wisely and get the grunt work out of the way first if you want to avoid complaints or interference.



Virgo Initiate your plans. Don't be shy or afraid to take a step into the limelight. You've got what it takes to turn an idea into a reality.



Libra Only take on what you can handle. You'll be faced with demanding, critical people if you make unrealistic promises. Avoid indulgent people and excessive spending.



Scorpio Use your intelligence and make solid plans with like-minded people. Avoid conflict and people who tend to be bad influences. Put anger aside and direct your energy into achieving positive results.



Sagittarius Look inward and consider what you can do to improve your skills, image or lifestyle. Evaluate your relationships and back away from people who bring out the worst in you.



Capricorn Discipline and carefully considered plans will help you avoid making a costly mistake. Walk away from unpredictable situations and people. Focus on maintaining a good reputation and positive results.



Aquarius Being aggressive will backfire on you. You are best off biding your time, being patient and avoiding an altercation that could ruin your plans. Self-control is recommended.



Pisces Take control of any situation that can affect your reputation, status or relationships with important people. A change will lead to positive ideas and plans. EUGENIA LAST

LIFESTYLE

Writer Steven Knight explains why.



GREGORY WAKEMAN
GregoryWakeman@metro.us

Steven Knight isn't the writer you'd expect to bring the story of Caroline Weldon to the big screen.

Even though he was born and raised in England, Knight has long had a deep fascination with Native American culture, specifically the artist Weldon and her journey to South Dakota to meet and paint the iconic Sitting Bull. This interest was so ingrained, that during a recent chat with Knight, he admitted to Metro that he's been wanting to tell a story like "Woman Walks Ahead" since he was 10.

In fact, he even wrote the script back in 2004,

'Woman Walks Ahead' shows the West as it really was

which was the first time he could genuinely foresee it being made as his filmmaking career was just taking off. Then there was a long period of nothingness.

But good things come to those who wait, because the sudden interest of Jessica Chastain and director Susanna White meant that, nearly 14 years after writing it, Knight has finally seen "Woman Walks Ahead" brought to life with the perfect mesh of creative people at its core.

When did you start on "Woman Walks Ahead"?
The idea, I have had for so long. I was quite an odd child. I grew up in

England but with a fascination for Native American history. From the age of about 10, I started to consume every book that was ever written.

I was a junior member of the American Indian museum in New York, and I wrote off to a school in South Dakota on the Standing Rock reservation and became



"Woman Walks Ahead" opens in theaters this weekend. A24

pen friends with Dakota children of my age. I was 12 or 13. In that research and reading, I came across the true story of Caroline Weldon. I just always thought it was fascinating. Then, when I became a writer, it was just

always the story that I wanted to do. Incredibly, I wrote it just after "Dirty Pretty Things," so 2004. So it has been a long road to getting it made, and I am so pleased that it is finally now out there.

What did you want to explore that you hadn't seen on-screen before?

I wanted to portray the West of that time in a more realistic way. Because it was the end of the frontier. And the truth is so much more interesting than the cliché. It was a reaching, gear change for a whole society of Native Ameri-

cans that had lived this particular life, and then suddenly within 40 years, everything was taken away. And everything was turned on its head. And the leaders of that society had to adapt and had to try and cope with it. Just looking at a society that goes from a hunter-gather society to pretty much the time when the frontier ended, eight years later, there were automobiles, and then eight years after that, there were airplanes. Which was such a massive change for people. I wanted to look at the way that was dealt with by a whole society.



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The forces of theater and martial arts combine into the intense Ninja Ballet.



EVA KIS
eva.kis@metro.us

You'd think a performance group called Ninja Ballet would have enough

to do combining two totally different styles of movement.

But it's actually even more spectacular than it sounds: dancing, fighting, circus tumbling, dueling with weapons and even using fire to fuse the worlds of classical ballet and ancient martial arts. Think "Swan Lake" meets "The Matrix."

How do you find a cast for such a show? "I posted on Backstage saying, 'I'm looking for dancers who can pick up choreography really fast, and martial artists who can move flexibly,'" explains Ninja Ballet founder Shoko Tamai.

Then, if you can believe it, the process gets even more complicated. To choreograph her pro-

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Ballet, martial arts, acrobatics, fire stunts and more in Ninja Ballet Dance Co.'s "Ma." ALL PHOTOS TODD MUCHOW

ductions, Tamai splits duties with creative partner Tony Ortiz: "The lower body, I choreographed using ballet and contemporary dance, and the upper body, he choreographed with martial arts."

Born in Japan, Tamai has been dancing "since I was a baby," landing her first role (as a flower) at just 2 years old. By age 3, she was leading the Baby Marching Band of 3- to 5-year-olds at Tokyo Disneyland who sang "It's a Small World" — while riding unicycles. "That's when I learned determination," she recalls.

"People think it comes from ballet, but it actually comes from Baby Marching."

She's since been a World Ballet Competition finalist and performed with Cirque du Soleil. But she didn't get into martial arts until arriving in New York in 2008 and meeting Jamie Guan, a martial arts choreographer who used to work with the Beijing Opera.

Fusing fighting styles with ballet was something she did "just for fun" until a spiritual journey through Thailand that expanded her creative

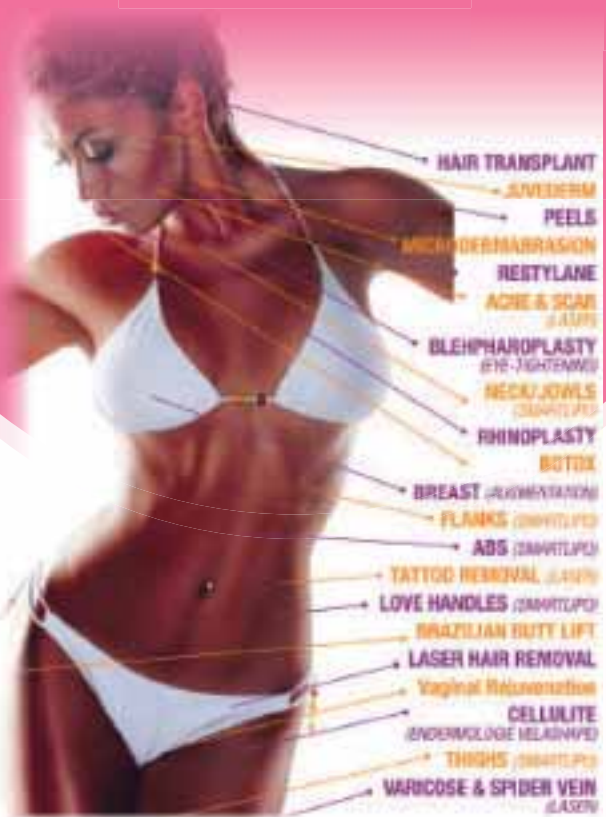
vision as the boundaries between what's real and what's imagined blurred.

Tamai officially founded Ninja Ballet in 2017 and staged its first performance last December. The second production, playing at Long Island City's Secret Theater June 28-July 1, is titled "Ma." The Japanese word means "negative space," referring to the disconnect between time on a universal scale and time as humans experience it. The story, written by Tamai, who's also one of the six performers, follows three warriors who have suffered their own unique losses, and how their lives have been shaped by their drive for vengeance.

"Everybody has a choice in this life," Tamai says about the show's message. "What I wanted to give the audience is forgiveness."

"Ma" is playing at the Secret Theater, 4402 23rd St., Long Island City, June 28-July 1 at 7:30 p.m., with a June 30 matinee at 2:30 p.m. Tickets are \$30 online, \$35 at the door; brownpapertickets.com

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The outdoor hydrotherapy pools at Spa Castle. FACEBOOK

There are plenty of places to take a dip in New York City, but these pools will furnish vistas so glorious, you won't wish you were at the beach.



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McCarren Pool

It's hard to know where to look at Williamsburg's favorite sunny oasis, the McCarren Pool. There are the fun abstract murals on the walls, the tropical day beds, the gorgeous cocktails or the crowds so hip and gorgeous, you'll want to dress more for a pool party than swimming. The saltwa-

ter pool makes for easy floating, then wind down at the classic fern bar Oleander's. \$55 (must be reserved 48 hours in advance, 72 hours for daybeds), 11 a.m.-6 p.m., 160 N. 12th St., Williamsburg

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poolside menu of fancy cocktails. \$65 day pass, 11 a.m.-8 p.m., 355 W. 16th St., Chelsea

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INTERVIEW

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The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center, is funded by the National Institutes of Health and sponsored by Johns Hopkins University.

TRAVEL



There has never been a better time to discover Belfast

Experience the warmth of an Irish welcome when visiting Northern Ireland.



PAT KING
patrick.king@metro.us

They say that the “warmth of an Irish welcome” stays with you long after you visit. But as great as the people really are on this tremendously friendly island, it’s the charm of Northern Ireland that will be kept in your memory for a lifetime. For example, Lonely Planet — the largest travel guide publisher in the world — recently named Northern Ireland’s capital city, Belfast, and the Causeway Coast as 2018’s No. 1 Region in the World to Visit. Here are some of the amazing must-sees to enjoy on your next trip to Belfast and the Causeway Coast.

The highlights of Belfast
Did you know that the legendary ship Titanic was built in Belfast? That’s right, and visitors of Titanic Belfast — the world’s largest Titanic



Titanic Belfast. CHRIS HILL

visitor experience — can get up close and personal with where the historic ship was built and walk the same White Star Vessel decks that the original passengers did all those years ago. This immersive exhibit was named the World’s Leading Tourist Attraction by the 2016 World Travel Awards and is definitely a can’t-miss destination on your trip to Belfast.

For those looking to learn more about Belfast’s fascinating history,

be sure to book a Black Cab or Black Taxi tour. Take in the city’s many historic sites, including the famous political murals, and stop off at destinations like the gorgeous Cathedral Quarter, home to the Metropolitan Arts Centre (MAC), where you can discover extraordinary exhibits from cutting-edge artists and innovative plays and stage productions all year long.

Conveniently located in the heart of the city

grounds and greenhouse, as well as travel through the garden’s famous Tropical Ravine. Just a stone’s throw from the Botanic Gardens lies the prestigious Queen’s University. Established in 1895, the building’s stunning red-brick architecture and magnolia trees make the university a sight to behold.

Belfast’s amazing castles

What would a trip to Northern Ireland be without visiting some of its amazing castles? About seven miles away from the Botanic Gardens is Belfast Castle Estate, where guests can tour the estate’s manicured gardens and take in the incredible views of the city below. For more castle adventures, you can travel eight miles north along the eastern coast to Carrickfergus Castle. This 800-year-old castle played an important military role in Irish history as it was used to fend off attacking ships from the Scottish, English and French. Today, it remains one of the most well-preserved, medieval military posts on the island.

Celebrate with Belfast’s year-round festivals

The city of Belfast is bustling year-round with festivals celebrating the best of Northern Ireland’s music, food, arts and culture. For those looking to travel this October, there’s no better time to check out the city than when it comes alive for the annual Belfast International Arts Festival, which runs from Oct. 16 to Nov. 4. This sprawling festival will take over different venues all over the city with an eclectic variety of performances and exhibitions across theater, dance, film and digital arts projects. Highlights from this year’s lineup include performances by African singer Angélique Kidjo and folk and blues legend Eric Bibb.

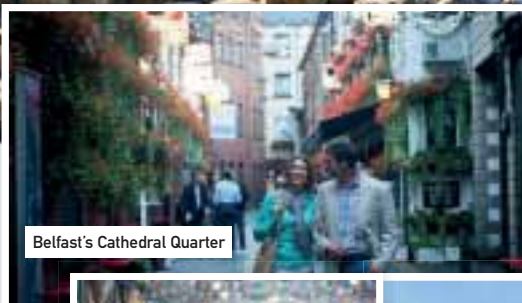
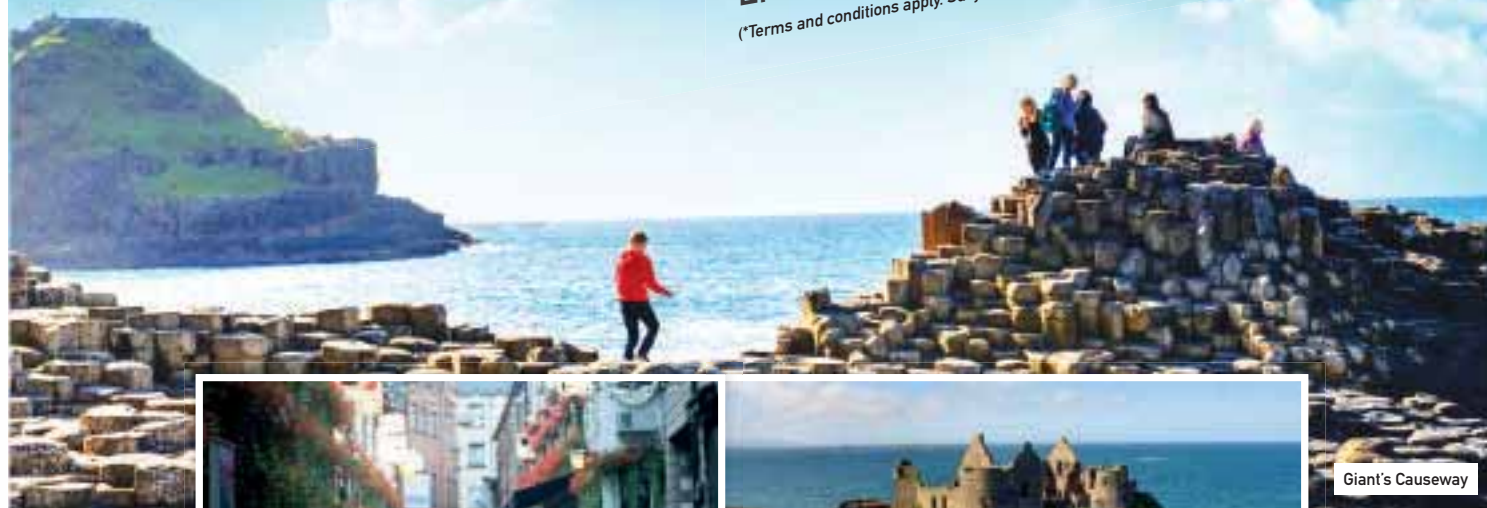
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Belfast's Cathedral Quarter

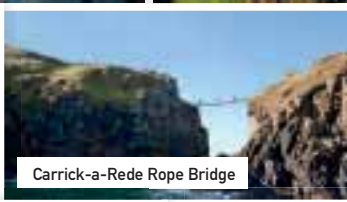


Dunluce Castle

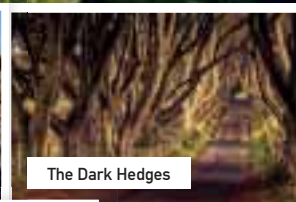
Giant's Causeway



St. George's Market in Belfast



Carrick-a-Rede Rope Bridge



The Dark Hedges



Titanic Belfast



Belfast Castle

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Great trip ideas for people who hate summer

Time to get out of the heat.



PAT KING
patrick.king@metro.us

For many, summer is a welcome invitation to take it easy and enjoy the rejuvenating powers of the radiant sun. For others, summer is a 93-day-long blisteringly hot thunderdome of a season when the limits of sanity are tested with each waking hour. Escaping the warm weather is key to survival — otherwise you would find yourself throwing things in your bedroom like Martin Sheen in the beginning of “Apocalypse Now.” It’s hard to fathom that people who enjoy summer will take trips to beach locations even hotter than where they live. But where can you go if you want to get away from the heat? Here are some great destina-



St. John's, Newfoundland. ISTOCK

tions for people who hate summer.

St. John's, Newfound-land

If you want to really get away from the heat,

you should head as far north as possible. Have you ever considered taking the pilgrimage up to the Canadian city of St. John's, Newfoundland? This temperate

city is surrounded by the Atlantic Ocean and is a prime location to book a spot on the many whale watching tours that operate along its coasts. While back on land, you can enjoy the cool and colorful architecture and renowned fresh seafood. Plus, with the city's average summer temperature resting around 61 degrees, you won't have to worry about sweating through your shirt during your trip.

Portland, Maine

A little south, on the

American side of the continent, is the hip town of Portland, Maine. This city has become less of a best-kept secret and is now considered one of the best cities in the country for foodies. This is in part because Maine is ground zero for anyone who loves lobster — and Portland institutions like Bull Feeney's have you covered in this department. With the restaurant's Irish pub vibe and hefty portions, why would you need to worry about melting out in the cruel sun? Not that you

would, as the average temperature in Portland is a manageable 76 degrees all summer long.

San Francisco

Over on the West Coast, San Francisco is a perfect option for people who enjoy a more moderate climate year-round. You can walk the hilly streets of the city into its famous Golden Gate Park, eat freshly caught seafood at the legendary Fisherman's Wharf or book a guided tour of the country's most infamous prison, Alcatraz. The average summer temperature of San Francisco never really cracks 70 degrees so you can enjoy your trip all within the comfort of a jean jacket.

Anchorage, Alaska

Up in America's most northern territory is Anchorage, Alaska. This vibrant city maintains a low average temperature of 69 degrees all summer long, so you can rest assured that you won't be sweating out your body weight on your trip. While visiting Anchorage, you can book a helicopter tour to see from above and land on top of the glaciers that lie just north of the city. Could you ask for a better way to cool down this summer?

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SPORTS

Who saw
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A monumental, drama-packed upset.

That's the best way to describe South Korea scoring a 2-0 victory over Germany to eliminate the defending World Cup champion in shocking fashion Wednesday, marking the first time since 1938 that Germany has failed to qualify for the next round of the World Cup.

After battling to a scoreless match through 91 minutes, South Korean defender Kim Young-Gwon scored a 92nd-minute goal, which was officially called with the help of VAR (video assisted referee), to give his team the 1-0 lead.

Forward Son Heung-Min caught Germany's star goalkeeper Manuel Neuer slipping and attacking, completely out of position, as he scored on an empty net four minutes later to the shame of the defending champion. That cemented the shocking 2-0 win.

If Son's name sounds familiar it's because entering the match, he gave



Germany's Mats Hummels and teammate Mario Gomez stand stunned on Wednesday in Kazan, Russia. GETTY IMAGES

South Korea a "1 percent chance" to pull off the upset, as the team was playing without its captain, Ki Sung-Yueng, who was ruled out of action due to a calf injury.

"There is a 1 percent chance, there is hope," Son said during a press

conference Tuesday, as reported by Reuters. "It's a fact, we cannot deny, Germany are much stronger than us but we have to have a mindset that we can do it. I believe we can do it."

Added South Korean coach Shin Tae-Yong on

Tuesday: "To be honest, Germany are a lot stronger than us and it won't be easy. But the ball is round, anything can happen, and I believe there will be chances for us. Mexico beat Germany in their match so there is hope for us. Although it's

likely that Germany will have more possession, we will do our best."

With the loss, Germany also became the fourth defending champion in the last five World Cup tournaments to be eliminated in group play.

**SWEDEN 3,
MEXICO 0**

After a scoreless match through the first 45 minutes, Sweden destroyed Mexico in the second half, recording three goals to notch the 3-0 shutout Wednesday. Both Sweden and Mexico advance out of Group F to the knockout stage.

**BRAZIL 2,
SERBIA 0**

Brazil finished atop Group E and punched its ticket into the knockout stage of the World Cup with a 2-0 shutout of Serbia on Wednesday.

**SWITZERLAND 2,
COSTA RICA 2**

Just barely, but Switzerland managed to advance to the next Round of 16, joining Brazil out of Group E. Costa Rica connected on a penalty in stoppage time to cement the draw, but at least that result was what the Swiss required to move on.

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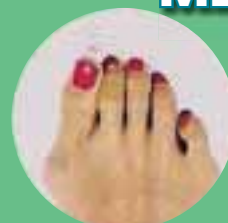


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Knicks ready to unload Noah, Lee?

The Knicks are focused on clearing cap space for next summer.



JOE PANTORNO
joseph.pantorno@metro.us

Even if things don't look overwhelmingly promising right now for the New York Knicks, the organization is beginning to take the necessary steps to turn its roster into a contender in the Eastern Conference.

It's just that those big moves might not happen immediately.

With an eye on the 2019 free agency period, which will see big names like Kyrie Irving, Jimmy Butler, Klay Thompson and Kemba Walker available, the Knicks are starting to shed sizable contracts in order to create the space needed to make a serious run at some of these stars.



Joakim Noah's time with the Knicks may finally be up soon. GETTY IMAGES

Per Newsday's Al Iannazzone, that means the likes of Courtney Lee and Joakim Noah could see their time in New York come to an end rather shortly.

As a shooting guard,

Lee likely won't see much playing time next season either. The Knicks look slated to try Frank Ntilikina at the 2 alongside Tim Hardaway Jr., who flopped as the team's attempted

replacement of Carmelo Anthony at small forward.

It prompted the team to draft Kevin Knox out of Kentucky with the ninth-overall pick at last week's draft.

Noah's contract is even worse, considering his relationship with the Knicks has been nothing but toxic over the past few years. Troubles on and off the court, along with inju-

ries, have limited Noah to just 53 games over the first two seasons of his massive four-year, \$72.5 million deal. The 33-year-old is still set to make \$18 million and \$19 million, respectively, over the next two seasons with the Knicks.

General Manager Scott Perry admitted that the Knicks won't do much with the space created by the shedding of any contracts this offseason and rightfully so. Kristaps Porzingis' season is in doubt as he continues to recover from a torn ACL while the free-agent class itself does not offer the same bevy of playmakers that it will next year.

The talented point guard in Boston, Irving has been linked to the Knicks since he asked for a trade from the Cleveland Cavaliers. He won't sign an extension next year with Boston, and Madison Square Garden could be high on his list of possible homes.

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And they have put together an information kit that details some of these advanced medical procedures that have already helped thousands.

Including... what you need to know about joint lubricating injections, platelet rich plasma (PRP), stem cell therapy... and more.

This free information kit contains a video and report that will also explain the two arthritis treatments paths you

should know about and what "Precision Arthritis Targeting Technology" is and why it has already helped so many arthritis sufferers.

How To Get Your Information Kit...

All you have to do is go to painmdny.com/knee and click the button that says "Click here to get a free knee arthritis treatment info kit."

Then put your name and email address in the space provided and you will be emailed a video and PDF report detailing what treatment options could be the best for your arthritis pain and how we might be able to help you.

We will also send you a way to get a free screening to see if you qualify for one of the advanced medical treatments. **It is 100% free with no further obligation.**

If you are interested in the screening... awesome. If not, that's ok, too... at least you will have all the information and options.

And if you don't have email... you can click the red "knee pain" button and you will instantly watch a video detailing some of your best options. If you are looking for proof... I think you will find it on this website.

After getting this information and watching the video... you will breathe a big

sigh of relief knowing what your best options are and what treatments might finally relieve some or even all of your knee arthritis pain.

And let's be crystal clear about this... NYC Pain MD is a real medical clinic with real medical doctors.

You will be getting real quality information about real medical treatments.

This is NOT some fake "wonder cure." In fact... you will NEVER see any guarantee of results. This is because... in the world or science and real medicine... Guaranteeing results is impossible.

Every patients is different... and so are the results. Any doctor (or marketer!) telling you different is lying to you. I have seen some of the "miracle cure" ads that are everywhere. I bet you have too.

That being said... We will be completely upfront and honest with you. Refreshing... isn't it?

So... if you are looking for up to date... honest information about some of the best possible medical treatments for knee arthritis pain...

Go here painmdny.com/knee and request the information kit or just watch the videos on that page.

Or if you would like to reserve a free screening before they are all gone call 877-228-5490 right now.

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LEGAL NOTICES

NOTICE OF FORMATION
of 369 Unlimited LLC.
Articles of Org. filed with
the Secy. of State of New
York (SSNY) on 05/11/2018.
Office location: New York
County. SSNY is designated
as agent of LLC upon whom
process against it may be
served. SSNY shall mail
process to the LLC c/o 47
Avenue A, #30 New York,
NY 10009. Purpose: Any
lawful activity.

LEGAL NOTICES

NOTICE OF FORMATION
of Crescent Farms, LLC.
Articles of Org. filed with
the Secy. of State of New
York (SSNY) on 05/17/2018.
Office location: Kings County.
SSNY is designated as
agent of LLC upon whom
process against it may be
served. SSNY shall mail
process to the LLC c/o
Turf Company, 16 Court
St., Brooklyn, NY 11241.
Purpose: Any lawful
activity.

LEGAL NOTICES

**NOTICE OF SALE
SUPREME COURT**
COUNTY OF QUEENS
HSBC Bank USA, National
Association as Trustee for Wells
Fargo Asset Securities Corporation,
Mortgage Pass-Through Certificates
Series 2006-AR10 Plaintiff
- against- Mohammed M. Haque;
Afrin Ara Hagua; Wells Fargo Bank,
N.A.; New York City Environmental
Control Board; New York City
Parking Violations Bureau;
Portfolio Recovery Associates, LLC;
Unifund CCR Partners; Criminal
Court of the City of New York;
Capital One Bank (USA) N.A.;
Capital One Bank; Discover Bank;
Heritage Asset Management Inc;
Citibank (South Dakota) N.A.;
New Century Financial Services,
Inc.; New York State Department
of Taxation and Finance; Midland
Funding, LLC; North Fork Bank;
Valley National Bank; Target
National Bank; Household Bank
(SB), N.A.; CACV of Colorado, LLC;
Erin Capital Management LLC;
Empire Portfolios Inc; Velocity
Investments, LLC; Arrow Financial
Services, LLC; CCU, LLC;
Investment Retrievers Inc.;
HSBC Bank, Nevada, N.A.;
Chase Bank USA N.A., Collins
Financial Services, INC.;
United States of America-
Department of Treasury-Internal
Revenue Service, Defendant(s).
Pursuant to a judgment of
foreclosure and sale entered
on December 22, 2017 I, the
undersigned Referee will sell
at public auction to the highest
bidder at QUEENS COUNTY
SUPREME COURT, 88-11 SUTPHIN
BOULEVARD, JAMAICA, NEW YORK,
IN COURTROOM #25 on July 20,
2018 at 10:00 AM premises
known as 31-04 96th Street,
East Elmhurst, NY 11369-1855.
ALL that certain plot, piece or
parcel of land with the buildings
and improvements thereon erected,
situate, lying and being in the
Second Ward Borough and County of
QUEENS, City and State of New York.
Block: 1047 Lot: 7
Approximate amount of lien
\$456,830.85 plus interest and
costs. Premises will be sold subject
to provisions of filed judgment
Index # 11851/2012
David Cohen, Esq., REFEREE
STEIN, WEINER AND ROTH, L.L.P.
ATTORNEYS FOR THE PLAINTIFF
ONE OLD COUNTRY ROAD,
SUITE 113
CARLE PLACE, NY 11514.

NOTICE OF FORMATION
of GREENBAY ENTERPRISE
PARTNERS, LLC. Arts. of
Org. filed with the Secy. Of
State of New York (SSNY) on
03/22/2018. Office location:
New York County. SSNY is
designated as agent of the
LLC upon whom process
against it may be served.
SSNY shall mail process to
the LLC c/o Sam Kaya, 15
East 40th Street, New York,
NY 10016. Purpose: Any
lawful activity.

NOTICE IS HEREBY GIVEN
that a license, Number 1310064,
for Liquor, Wine, Beer & Cider
has been applied for by the undersigned
to sell Liquor, Wine, Beer & Cider
at retail in a Restaurant & Billiards
Hall under the Alcoholic Beverage
Control Law at 96 N. 5th Street,
Brooklyn, NY 11249. Kings County,
for on-premises consumption. Berry
& White Billiards, LLC.

LEGAL NOTICES

**NOTICE OF SALE
SUPREME COURT**
COUNTY OF QUEENS
HSBC BANK USA, NATIONAL
ASSOCIATION, AS TRUSTEE
FOR NOMURA HOME EQUITY
LOAN, INC. ASSET-BACKED
CERTIFICATES, SERIES
2006-FM1, Plaintiff, Against
JUANA ESPINAL, ET AL.,
Index No.: 12671/2010
Defendant(s). Pursuant to a
Judgment of Foreclosure and
Sale, duly entered on 4/26/2018,
I, the undersigned Referee, will
sell at public auction, in
Courtroom #25, of the Queens
County Supreme Court, 88-11
Sutphin Boulevard, Jamaica,
NY on 7/13/2018 at 10:00 am,
premises known as 97-46 76th St.,
Ozone Park, NY 11416, and
described as follows: ALL that
certain plot piece or parcel of
land, with the buildings and
improvements thereon erected,
situate, lying and being in the
Borough and County of Queens,
City and State of New York,
Block 09047 and Lot 0030.
The approximate amount of the
current Judgment lien is
\$687,490.74 plus interest and
costs. The Premises will be sold
subject to provisions of the
aforesaid Judgment of
Foreclosure and Sale;
Index # 12671/2010.
If the sale is set aside for
any reason, the Purchaser
at the sale shall be entitled
only to a return of the deposit
paid. The Purchaser shall
have no further recourse
against the Mortgagee, the
Mortgagee or the Mortgagee's
attorney.
Gary Darche, Esq., Referee
Leopold & Associates, PLLC
80 Business Park Drive, Suite 110
Armonk, NY 10504
Dated: 05/17/2018

**NOTICE OF SALE IN
FORECLOSURE STATE**
OF NEW YORK SUPREME
COURT: COUNTY OF QUEENS
WELLS FARGO BANK, N.A.,
SUCCESSOR BY MERGER
TO WACHOVIA MORTGAGE,
FSB, FORMERLY KNOWN
AS WORLD SAVINGS BANK,
FSB Plaintiff, vs. HARLENE
SHAKESPEARE, et al.,
Defendants PLEASE TAKE
NOTICE THAT In pursuance of
a Judgment of Foreclosure and
Sale entered in the office of the
County Clerk of Queens County
on March 27, 2017, I, Peter M.
Wolf, Esq., the Referee named
in said Judgment, will sell in one
parcel at public auction on July
13, 2018 at the Queens County
Supreme Court, Courtroom
#25 located at 88-11 Sutphin
Boulevard, Jamaica, County
of Queens, State of New York,
at 10:00 A.M., the premises
described as follows: 19141
112th Road Saint Albans, NY
11412 SBL No.: 10968-78
ALL THAT TRACT OR PARCEL
OF LAND situate in the
Borough and County of Queens,
City and State of New York The
premises are sold subject to the
provisions of the filed judgment,
Index No. 21604/13 in the
amount of \$530,822.09 plus
interest and costs.
Todd Marks, Esq.
Woods Oviatt Gilman LLP
Plaintiff's Attorney 700
Crossroads Building, 2 State St.
Rochester, New York 14614
Tel.: 855-227-5072

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NOTICE OF SALE
SUPREME COURT COUNTY
OF QUEENS HSBC Bank
USA, National Association
as Trustee for Nomura Asset
Acceptance Corporation,
Mortgage Pass-Through
Certificates, Series 2007-1,
Plaintiff AGAINST Jorge
Santiago a/k/a Jorge L.
Santiago; et al., Defendant(s)
Pursuant to a Judgment of
Foreclosure and Sale duly
dated May 31, 2017 I, the
undersigned Referee will
sell at public auction at the
Queens County Supreme
Courthouse, Courtroom #25,
88-11 Sutphin Boulevard,
Jamaica, New York on
July 20, 2018 at 10:00AM,
premises known as 133-32
86th Street, Ozone Park,
NY 11417. All that certain
plot piece or parcel of land,
with the buildings and
improvements erected,
situate, lying and being in
the Borough and County
of Queens, City and State
of NY, Block 11365 Lot 18.
Approximate amount of
judgment \$531,392.27
plus interest and costs.
Premises will be sold
subject to provisions of
filed Judgment Index#
709663/2014.
Donna Furey, Esq., Referee
Shapiro, DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile Crossing Boulevard
Rochester, New York 14624
(877) 759-1835
Dated: May 29, 2018 54484

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS
DEUTSCHE BANK
NATIONAL TRUST
COMPANY AS TRUSTEE
FOR WAMU MORTGAGE
PASS-THROUGH
CERTIFICATE SERIES
2005-AR2, Plaintiff
AGAINST Terriann Kava
and William Kava AKA
William J. Kava, et al.,
Defendant(s) Pursuant to
a Judgment of Foreclosure
and Sale duly dated May 02,
2018 I, the undersigned
Referee will sell at public
auction at the Queens
County Supreme Courthouse
in Courtroom #25, 88-11
Sutphin Boulevard, Jamaica,
New York, on July 27, 2018
at 10:00AM, premises known
as 60-19 61ST STREET,
MASPETH, NY 11378.
All that certain plot piece or
parcel of land, with the
buildings and improvements
erected, situate, lying and
being in the Borough and
County of Queens, City and
State of New York,
BLOCK 2746, LOT 13.
Approximate amount of
judgment \$367,652.92 plus
interest and costs. Premises
will be sold subject to
provisions of filed Judgment
for Index# 5829/2013.
Richard Piccola, Esq.,
Referee
Gross Polowy, LLC
Attorney for Plaintiff
1775 Wehrle Drive, Suite
100 Williamsville, NY 14221
54980

NOTICE IS HEREBY GIVEN
that a license, Number Pending,
for On Premise Liquor has been
applied for by the undersigned
to sell Liquor, Wine, Beer & Cider
at retail under the Alcoholic
Beverage Control Law at 2070-A
7th Ave., New York, NY 10027.
New York County, for on premises
consumption. SavannaRae, LLC.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN,
PURSUANT TO LAW, that the NYC
Department of Consumer Affairs will
hold a Public Hearing on Wednesday,
July 18, 2018 at 2:00 p.m. at 42
Broadway, 5th floor on a petition
for Blask Group LLC to establish,
maintain, and operate an enclosed
sidewalk cafe at 184 3rd Ave. in the
Borough of Manhattan for a term of
two years.

REQUEST FOR COPIES OF THE
REVOCABLE CONSENT AGREEMENT
MAY BE ADDRESSED TO: DEPARTMENT
OF CONSUMER AFFAIRS, ATTN: FOIL
OFFICER, 42 BROADWAY, NEW YORK,
NY 10004

**TO PUBLISH LEGAL/PUBLIC
NOTICES IN
NEW YORK CITY &
PHILADELPHIA**
LLC Formations
LLC Qualifications
SLA Licensing -
Sidewalk Cafe Hearings
Summons - Foreclosure Sales
RFBs - Unclaimed Property -
Name Changes.
Contact - Jim Colarusso
legals.metro@gmail.com or
Tel: 718-600-8176

NOTICE IS HEREBY GIVEN
that a license, Number 1310678,
for Restaurant Wine has been
applied for by the undersigned
to sell Beer & Wine at retail in a
Chinese Restaurant under the
Alcoholic Beverage Control Law
at: 252-20 Northern Blvd., Little
Neck, NY 11362. Queens County,
for on-premises consumption.
Little Neck Soup Dumpling Inc.

NOTICE IS HEREBY GIVEN
that a license, Serial #
1311268, for Liquor, Wine &
Beer has been applied for by
the undersigned to sell Liquor,
Wine & Beer at retail under the
Alcoholic Beverage Control
Law at 138 Ludlow Street,
New York, NY 10002. New
York County, for on premise
consumption. PUB 138 Inc.

NOTICE IS HEREBY GIVEN
that a license, Number 1310696,
for Restaurant Wine has been
applied for by the undersigned
to sell Beer & Wine at retail in a
Japanese Restaurant under the
Alcoholic Beverage Control
Law at: 216 East 39th Street,
New York, NY 10016. New
York County, for on-premises
consumption. Kaishou Inc.

JOBS

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until 12 pm, Aug 3, 2018.
Public bid opening: 12 pm, Aug 3, 2018.

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GAMES

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ACROSS

- 1 Serving of sour cream
4 Traditional breadwinner
9 Red Muppet
13 Japanese wrestling form
14 Blazing
15 Scuttle lump
16 Jillian and Curry
17 Fortress; citadel
19 Fraternity letter
20 Flock members
21 Lassos
22 Word attached to wall or news
24 Actress __ West
25 Hillsides
27 At __; haphazardly
30 Abhorred
31 Stay away from
33 Pasture cry
35 On __ own; independent
36 Courtroom event
37 Weather forecast
38 Pigsty
39 TV's " __ Pyle"

- 40 Steeple
41 __-eyed; impractical
43 Pushed
44 __ the line; obey
45 Snapshot
46 Injections
49 TV's "Kate & __"
51 Long-tailed rodent
54 Walker
56 Sioux City's location
57 Press
58 Shed crocodile tears
59 Regulation
60 Geeky sort
61 Actor Ed
62 Suffix for count or host

DOWN

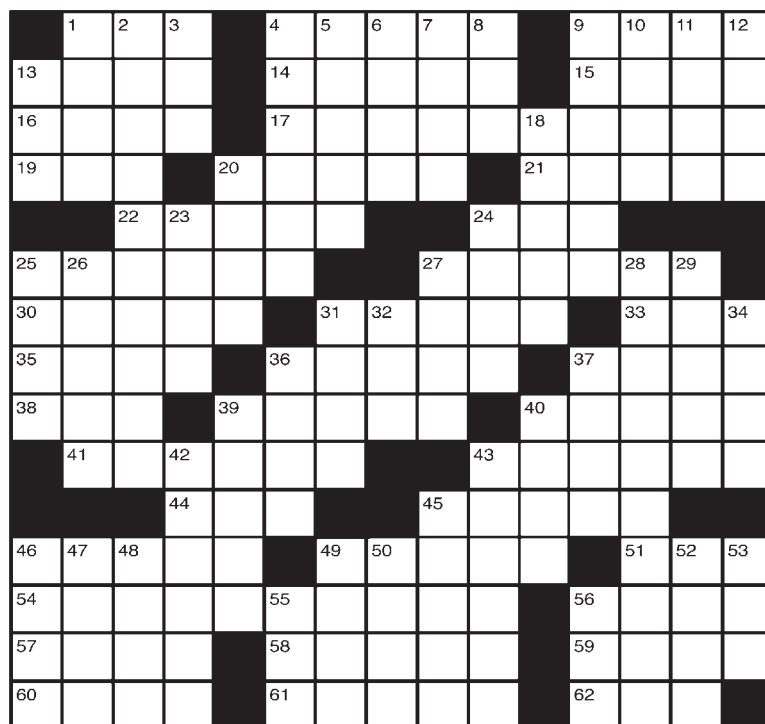
- 1 Weapons
2 All-powerful
3 Derek and Diddle
4 Punctuations marks
5 Time __ time; repeatedly
6 Drastic
7 Let fall
8 Tokyo currency
9 Resounded
10 Embroiderer's picot
11 Beard wearer
12 Cutlass or Alero

- 13 Maple tree secretion
18 \$1,000
20 Ran fast
23 Mimics
24 Send via USPS
25 __ around; look for a good buy
26 Freeway divisions
27 Laugh loudly
28 Able to eat anything
29 Mary Tyler __
31 Military force
32 Complete
34 Had debts
36 __ up; shredded
37 Dick and Jane's dog
39 Disgusting
40 Clog or loafer
42 Be present at
43 Black eye
45 Piece of china
46 Twirl
47 In this place
48 Fragrance
49 Up in __; furious
50 Wild feline
52 Hole-making tools
53 Edison's monogram
55 Actress Leoni
56 Anger

Check your answers
at metro.us/games

Powered by

Arkadium



BY TCA

metro.us/wordsearch



Belt
Boxing
Champion
Douglas
Dynamite

Ear
Holyfield
Iron
Knockout
Olympics

Ring
Spar
Tattoo
Tyson
Undisputed

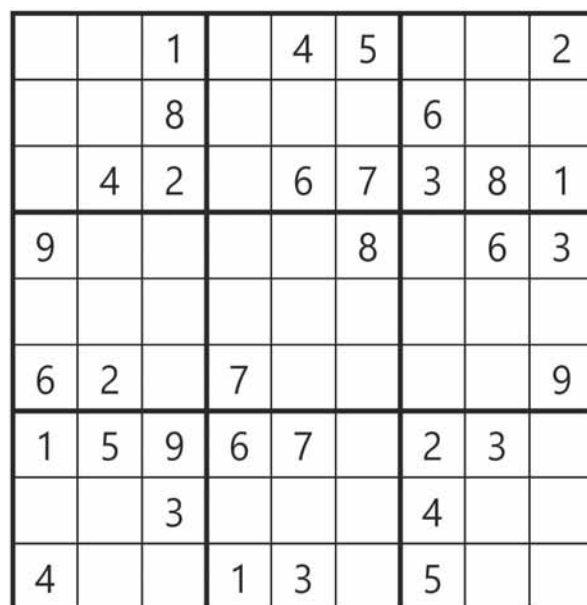
metro.us/wander

Category: Two for One

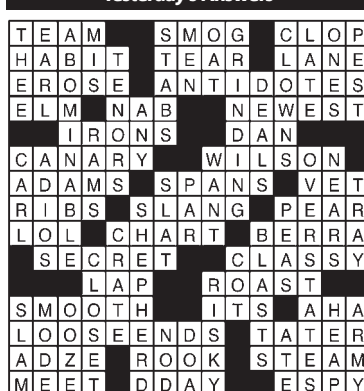


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